

# Montana Teen Driver Education and Training

## Module 6.1

### Managing Distractions

*It can wait ...*

# Managing Distractions Objectives

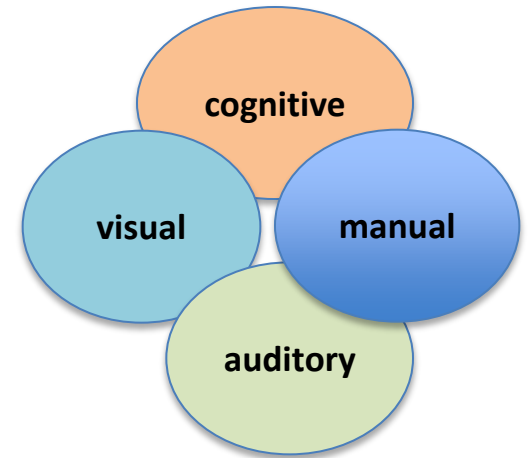
- Define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes;
- Describe potential distractions that could occur inside and outside the vehicle and their effects on the driving task;
- Develop a plan to prevent distractions before getting behind the wheel and while driving;
- Commit to being a safe, distraction-free driver and identify ways to convey the dangers and consequences of distracted driving with other teens, your family, and the community.

# Managing Distractions



**Nearly 8 out of 10 crashes happen within  
3 seconds of a driver becoming distracted.**

# Types of Distractions



Eyes off the Road – Visual

Mind off the Road – Cognitive/Auditory

Hands off the Steering Wheel – Manual



[Click to play video](#)

# What distracts you?



# How many distractions are too many?



**Piranhas.**

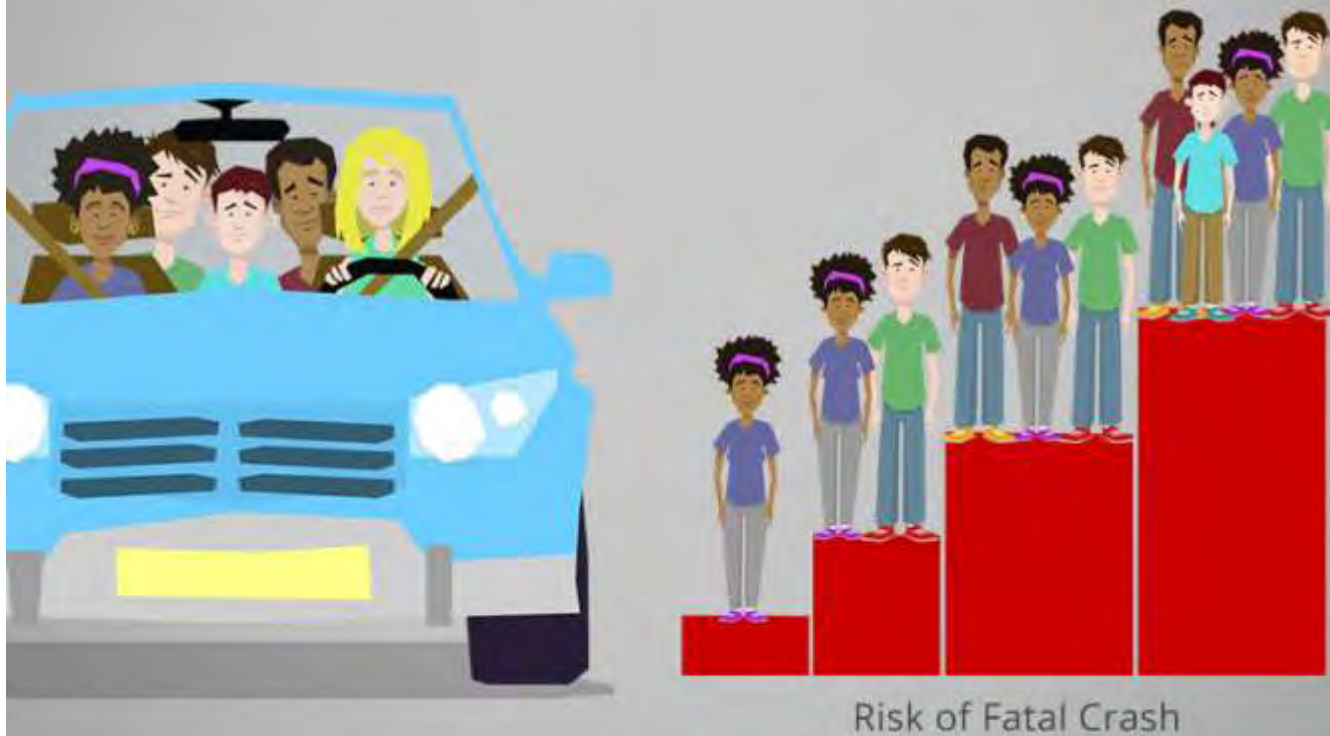
**Ebola.**

**Shotguns.**

**Poison.**

**Lattés.**

# The more the merrier? **The more the scarier.**



**The risk of a fatal crash** goes up in direct relation to the **number of teens** in the car.



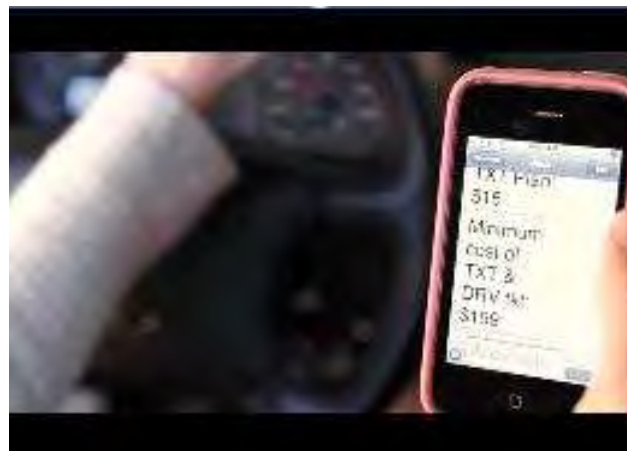


When is  
texting  
a private  
engagement?

What you can't see can hurt you.

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL

[www.distraction.gov](http://www.distraction.gov)



Click to play



STOP THE TEXTS

THE AVERAGE TEXT TAKES YOUR EYES OFF THE ROAD FOR NEARLY FIVE SECONDS.  
AT HIGHWAY SPEEDS, THAT'S ENOUGH TIME TO TRAVEL THE LENGTH OF A FOOTBALL FIELD.

(2009, VTTI)



1



2



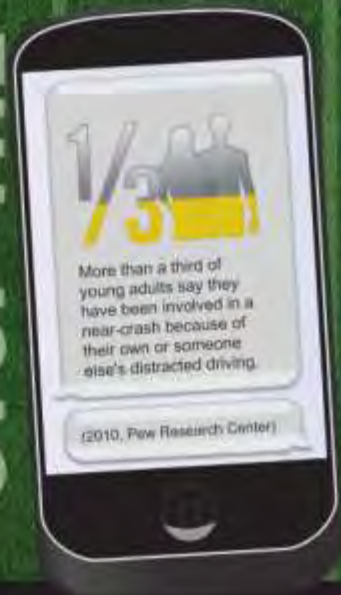
3



4



5



DISTRACTED DRIVING IS THE **#1** KILLER OF AMERICAN TEENS.

(2007, CHILDREN'S HOSPITAL OF PHILADELPHIA AND STATE FARM INSURANCE STUDY AND NHTSA STUDY)



82%

OF DRIVERS 16 TO 24  
SAID THEY HAVE TEXTED  
WHILE DRIVING.

(IAD COUNCIL, 2011)



85%

OF YOUNG ADULTS WHO  
TEXT WHILE DRIVING  
AGREE THAT TEXTING IS  
A PROBLEM.

(IAD COUNCIL, 2011)



77%

OF YOUNG ADULT DRIVERS  
ARE SOMEWHAT TO VERY  
CONFIDENT THAT THEY CAN  
SAFELY TEXT WHILE DRIVING.

(IAD COUNCIL, 2011)

A TEXTING DRIVER IS 23 TIMES  
MORE LIKELY TO GET INTO A CRASH  
THAN A NON-TEXTING DRIVER.

(2009, VTTI)



STOP THE WRECKS

STOP THE TEXTS.  
STOP THE WRECKS.



HOW WILL YOU STOP  
TEXTING AND DRIVING?

FACEBOOK.COM/STOPHETEXTS

STOPTEXTSTOPWRECKS.ORG • TWITTER.COM/STOPHETEXTS • YOUTUBE.COM/STOPHETEXTS

# iCrashed

because iCalled my boyfriend while driving

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL [www.distraction.gov](http://www.distraction.gov)

# iSmashed

my car because iUsed my phone while driving

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL [www.distraction.gov](http://www.distraction.gov)

# iTaled

my car because iUsed my phone while driving

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL [www.distraction.gov](http://www.distraction.gov)

# iWrecked

because iTexted my girlfriend while driving

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL [www.distraction.gov](http://www.distraction.gov)



Montana  
Office of Public Instruction  
Don't get behind. Stay ahead in education.

# Cell-Phone Over-Use Scale

- **Anticipation** – Waiting for a call or text.
- **Interference** with normal activities e.g., impacting friends/family.
- Strong **emotional reaction** to calls.
- Recognizing **problem** cell-phone use.

**Research shows that crash risk  
INCREASES with the ANTICIPATION of  
incoming phone calls or messages.**



# Student Activity: Think!



# Multitasking



**Did you see the red light? (or the deer or the kid on his bike?)**

It still takes time to hit the brakes –  
from the moment  
your brain sends a signal to  
your foot to move from the accelerator to  
apply the brakes.

In this short time, you may have  
already **traveled up to 60 feet!**

# Multitasking



## Drivers shift attention to:

- Check mirrors
- Adjust speed
- Stay alert and
- Focus on the road ahead

*Losing just a half second of time to task switching can make a life-or-death difference for a driver on a cell phone traveling at 30 mph.*

Multitasking - Switching Costs: <http://www.apa.org/research/action/multitask.aspx>

[illegible]

Multi-tasking is when someone tries to:

- perform two or more tasks simultaneously,
- switch from one task to another, or
- perform two or more tasks in rapid succession.

**Psychologists conduct task-switching experiments to determine the cost of this kind of mental “juggling”**

# Managing Distractions

*What else can you do?*





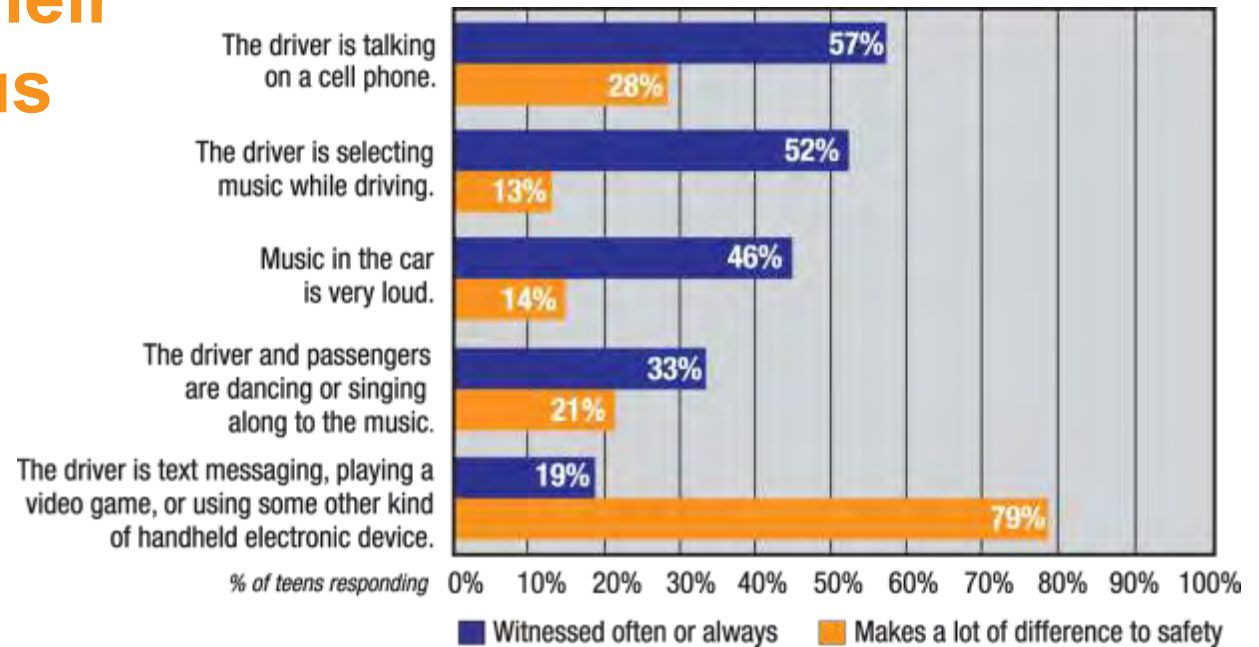
# Student Activity: Distracted Driving Demo



- Attach a golf tee to the top of a steering wheel disc and balance the golf ball.
- Seat a student on a chair and give him/her the steering disc with instructions to hold it steady and try not to drop the golf ball.
- Challenge the student to focus on the target through various distractions – have class watch the student's eyes.
- Discuss.

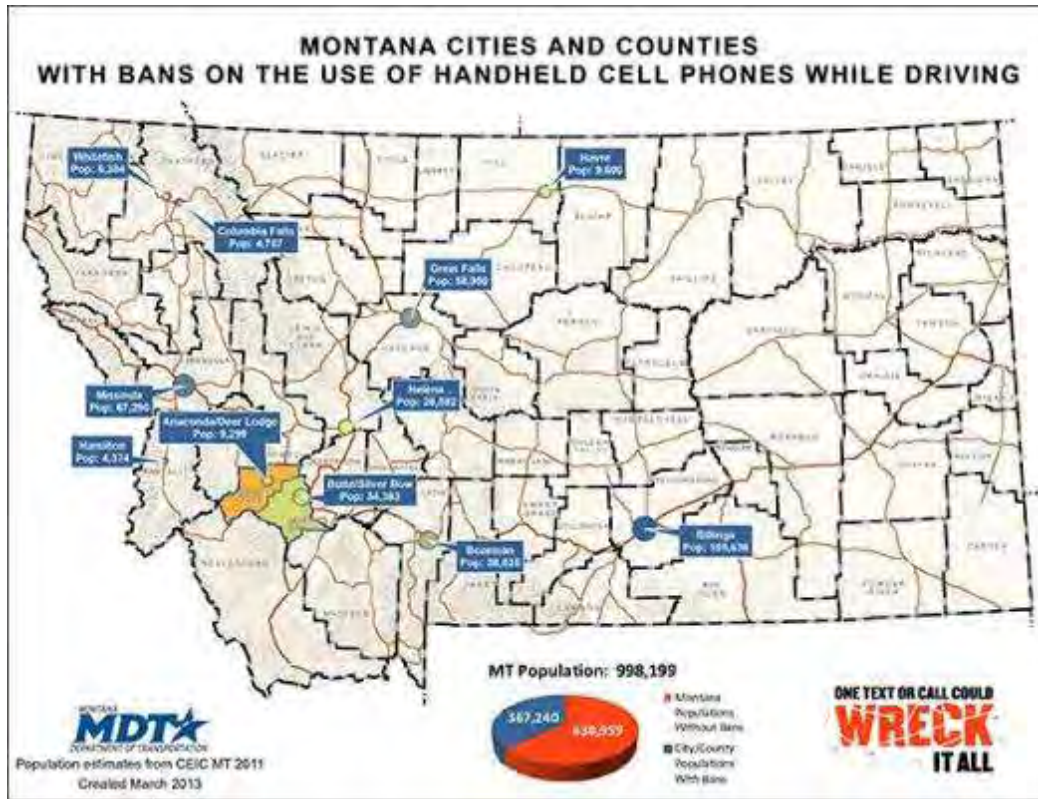
# TEEN PERSPECTIVE

Things drivers  
do that take their  
eyes and focus  
off the road



The Children's Hospital of Philadelphia®  
RESEARCH INSTITUTE

# Cell phone bans in Montana



Click to play

This could happen in Montana if you're texting and driving in a Montana town or county with a cell-phone ban.

# Consequences of In-Vehicle Cell Phones

## *The Next Generation*




Click to play



# Touch Track Student Activity

**Distracted driving**  
can keep you from getting where you want to go.

Have you been distracted while driving?



It's hard to stay on course when you don't concentrate on the road.

**THE CENTURY COUNCIL**  
Prevention. Safety. Survival. A Proven Roadmap.

Motor vehicle crashes are the leading cause of death for 15 to 20 year olds.  
Play our interactive concentration game and spread the word to your friends at [www.centurycouncil.org/teensafety](http://www.centurycouncil.org/teensafety)





# Texting tragedies in the headlines



## **NTSB: Driver texted 11 times before deadly crash**

*Posted: Dec 13, 2011 by CBS News*

WASHINGTON - A 19-year-old pickup truck driver involved in a deadly highway pileup in Missouri last year sent or received 11 texts in the 11 minutes immediately before the accident, federal investigators said Tuesday.

The driver sent six texts and received five texts, with the last text just before his pickup crashed into the back of a tractor truck, beginning a chain collision. The pickup was rear-ended by a school bus, which in turn was rammed by a second school bus.

The pickup driver and a 15-year-old student on one of the school buses were killed. Thirty-eight other people were injured in the Aug. 5, 2010, accident near Gray Summit, Mo.

## **Police: Byron teen killed in crash on first day of school was texting**

October 23, 2011 (Fox9 News Minneapolis)

The parents of the 17-year-old said in a public statement: "Her error in judgment as a teenager in this brief moment in time was paid for with the highest price ever -- her life. We would much rather be grounding her for this mistake than never hearing her laughter fill the house again."

# Where to go from here?

*Learn more, take action, share with your friends and family.*

- [Impact Teen Drivers.org](#)
- [It Can Wait.com](#)
- [Distraction.gov](#)
- [Teen Driver Source.org](#)
- [Teens in the Driver's Seat](#)
- [Stop the texts.org](#)

# Montana Driver Education and Training Standards and Benchmarks

## 1. Laws and Highway System

- 1.1. know the laws outlined in the Montana Driver's manual;
- 1.2. understand the laws outlined in the Montana Driver's Manual; and
- 1.3. consistently demonstrate knowledge and understanding by responsible adherence to highway transportation system traffic laws and control devices.

## 2. Responsibility

- 2.1. recognize the importance of making safe and responsible decisions for owning and operating a motor vehicle;
- 2.2. demonstrate the ability to make appropriate decisions while operating a motor vehicle;
- 2.3. consistently display respect for other users of the highway transportation system; and
- 2.4. develop positive habits and attitudes for responsible driving.

## 3. Visual Skills

- 3.1. know proper visual skills for operating a motor vehicle;
- 3.2. communicate and explain proper visual skills for operating a motor vehicle;
- 3.3. demonstrate the use of proper visual skills for operating a motor vehicle; and
- 3.4. develop habits and attitudes with regard to proper visual skills.

## 4. Vehicle Control

- 4.1. demonstrate smooth, safe and efficient operation of a motor vehicle; and
- 4.2. develop positive habits and attitudes relative to safe, efficient and smooth vehicle operation.

*(continued on next slide)*

# Montana Driver Education and Training

## Standards and Benchmarks

### 5. Communication

- 5.1. consistently communicate driving intentions (i.e., use of lights, vehicle position, and personal signals);
- 5.2. adjust driver behavior based on observation of the highway transportation system and other roadway users;
- 5.3. adjust communication (i.e., use of lights, vehicle position, and personal signals) based on observation of the highway transportation system and other users; and
- 5.4. develop positive habits and attitudes for effective communication.

### 6. Risk Management

- 6.1. understand driver risk-management principles;
- 6.2. demonstrate driver risk-management strategies; and
- 6.3. develop positive habits and attitudes for effective driver risk-management.

### 7. Lifelong Learning

- 7.1. identify and use a range of learning strategies required to acquire or retain knowledge, positive driving habits, and driving skills for lifelong learning;
- 7.2. establish learning goals that are based on an understanding of one's own current and future learning needs; and
- 7.3. demonstrate knowledge and ability to make informed decisions required for positive driving habits, effective performance, and adaptation to change.

### 8. Driving Experience

- 8.1. acquire at least the minimum number of BTW hours over at least the minimum number of days, as required by law, with a Montana-approved driver education teacher; and
- 8.2. acquire additional behind-the-wheel driving experience with a parent or guardian's assistance in a variety of driving situations (i.e., night, adverse weather, gravel road, etc.).